

What is claimed is:

1. An orally administered composition for reducing tobacco consumption, comprising:

5 a base ingredient;

Substantially
a predetermined amount of *Plantago major*; and

a predetermined amount of an additive for diminishing the odor
characteristics of tobacco.

2. A composition according to claim 1, wherein the *Plantago major* is a homeopathic

preparation.

3. A composition according to claim 1, wherein said additive for diminishing the odor
characteristics of tobacco includes a masking agent.

4. A composition according to claim 3, wherein said masking agent includes one of mint,
licorice, cherry, cinnamon, spearmint, peppermint, anis, garlic, cloves and coffee.

5. A composition according to claim 1, wherein said additive for diminishing the odor
characteristics of tobacco includes an antiseptic agent.

6. A composition according to claim 5, wherein said antiseptic agent includes one of an
5 antiseptically effective amount of alcohol, thymol, menthol, eucalyptol and
methyl salicylate.

7. A composition according to claim 1, wherein said additive for diminishing the odor
characteristics of tobacco includes a neutralizing agent.

10 8. A composition according to claim 7, wherein said neutralizing agent includes one of
bicarbonate or an effective salt thereof, citrus extract and citric acid.

9. A composition according to claim 1, wherein said base ingredient is in liquid form.

10. A composition according to claim 1, wherein said base ingredient is in solid form.

11. A method for reducing tobacco consumption of a human, while providing fresh breath, comprising:

5 preparing a compound comprising *Plantago major*;

providing an additive for diminishing the odor characteristics of tobacco;

combining said *Plantago major* and said additive to formulate a composition which diminishes tobacco consumption while diminishing the odor characteristics of tobacco; and

orally administering said composition to a human.

12. A method according to claim 11, wherein the oral administration is carried out through a spray.

13. A method according to claim 11, further including formulating said composition into a liquid.

14. A method according to claim 11, further including forming said composition into an orally dissolvable tablet.

15. A method according to claim 11, where preparing a compound comprising *Plantago major* includes preparing said compound homeopathically.

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16. A method according to claim 11, where preparing a compound comprising *Plantago*
5 *major* includes preparing said compound through alcohol extraction.

17. A method according to claim 11, where preparing a compound comprising *Plantago*
major includes preparing said compound through water extraction.

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